

Resources for Kids and Teens on Cognitive Flexibility



Photo by Getty Images

Cognitive Flexibility is a thinking skill that centers on an individual's ability to be adaptable, improvise, and shift approaches to meet different challenges. Included in the list below are websites that have been selected for children and teenagers to help strengthen their cognitive flexibility.

Our team of neuropsychologists, school psychologists, and psychology students at South County Child and Family Consultants are committed to searching the Internet and beyond to find reputable, informative, and practical tools to help parents, children, and teens improve Cognitive Flexibility. We look for the best information online to help kids diagnosed with ADHD, Learning Disabilities, Executive Functioning Difficulties, struggles with Social Emotional Learning (SEL) skills, Autism, Depression, and Anxiety and provide you with information about how neuropsychological evaluations can help target concerns with Cognitive Flexibility. Come back regularly, as the links are updated frequently.

Games

[LearningWorks For Kids Games](#)

LearningWorks for Kids believes that video games and other digital media can be powerful tools for sharpening and improving children's cognitive thinking skills. This link will bring you to a list of game recommendations that will work to strengthen your child's cognitive flexibility.

[Logic and Reasoning Skill Games](#)

This is a link to a website called *Brain Pages*. On it, there are multiple games that were chosen to help strengthen your child's logic and reasoning skills.

[Blog: Pathway 2 Success](#)

This blog post includes a list of games that can be used with your child to improve their cognitive flexibility. These games will help improve time management, flexibility, reasoning, planning, and attention.

Activities

[Coping Strategies Wheel](#)

This article explains how to create a coping strategies wheel with your child. The activity mentioned can be used to teach your children about their emotions and strategies they can use to manage stress.

[Game Ideas](#)

This post gives parents game and activity ideas that they can use with their children to improve cognitive flexibility. Included in the list are games like Scrabble, Jenga, and Pictionary. You can help improve your child's cognitive skills all while having fun!

[Introducing Cognitive Flexibility to Children](#)

This post will walk you through a project that you can do with your children. This activity will help you introduce the concept of cognitive flexibility to your child in an interactive, fun, and creative way!